



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Rauschenbach, Eric

Club: Erfurt
Number: 1442

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:
Männer (20-29 Jahre)

Total time: 47:40

Speed: 12.59 km/h
Running performance: 4:46 min/km

Rank in course/Total: 235 (of 618)

Rank in course/Men: 220 (of 500)

Best time in course: 31:03

Rank in category: 50(of 82)

Best time in the category: 31:03

| Intermediate times | | | | Stage score | | | | Total ranking | | | | | | |
|---------------------|----------|------------|--------------|-------------|-------------|---------|------------|---------------|------------|--------------|----------|-------------|---------|------------|
| Control | Split km | Split Time | Split min/km | Pos Cat. | Behind Cat. | Pos Men | Behind Men | Total km | Total Time | Total min/km | Pos Cat. | Behind Cat. | Pos Men | Behind Men |
| Runde | 2.00 | 11:48 | 5:54 | 77 | 5:45 | 454 | 5:45 | 2.00 | 11:48 | 5:54 | 44 | 2:00 | 49 | 3:18 |
| Runde | 2.00 | 9:46 | 4:53 | 54 | 3:32 | 270 | 3:40 | 4.00 | 21:34 | 5:23 | 79 | 3:01 | 92 | 9:16 |
| Runde | 2.00 | 9:01 | 4:30 | 35 | 2:47 | 146 | 2:47 | 6.00 | 30:35 | 5:05 | 79 | 1:45 | 89 | 12:03 |
| Runde | 2.00 | 8:52 | 4:26 | 27 | 2:36 | 101 | 2:36 | 8.00 | 39:27 | 4:55 | 79 | 0:43 | 89 | 14:39 |
| Leichtathletikhalle | 2.00 | 8:13 | 4:06 | 19 | 2:02 | 65 | 2:02 | 10.00 | 47:40 | 4:46 | 51 | 21:12 | 221 | 21:12 |